

# GENERAL CONFINEMENT MENU WEEK 1 Monday, September 4, 2023

	BREAKFAST	LUNCH	DINNER
м	CHILLED APPLE JUICE	TWO HAMBURGERS W/ ROLLS	SLICED TURKEY SALAMI
0	HOT OATMEAL	TWO HOTDOGS W/ ROLLS	SLICED AMERICAN CHEESE
N	WHITE TOAST	CHILLED COLESLAW	WHITE BREAD / MUSTARD
D	APPLE JELLY	BOSTON BAKED BEANS	POTATO CHIPS
Α	MARGARINE	MUSTARD / KETCHUP	FRESH APPLE
Υ	WHITE MILK	CHOCOLATE ICE CREAM	SUGAR COOKIES
	COFFEE	HAWAIIAN BEVERAGE	ORANGE BEVERAGE
	SUGAR	*HARD BOILED EGGS	*SLICED AMERICAN CHEESE
T	CHILLED GRAPE JUICE	TOMATO SOUP	SLICED BAKED MEATLOAF
U	BREAKFAST PIZZA	CHILLED TUNA SALAD	SEASONED GRAVY
E S	BRAN FLAKES	THREE BEAN SALAD	WHIPPED POTATOES SEASONED CABBAGE
D	WHITE MILK COFFEE	WHITE BREAD CHILLED CANNED PEACHES	WHITE BREAD / MARGARINE
A	SUGAR	GRAPE BEVERAGE	CHILLED BREAD PUDDING
Ŷ	SUGAR	*SLICED AMERICAN CHEESE	ICE TEA
1		SEISED AMERICAN STILLSE	*MEATLESS PEPPER STEAK
			MEATELOGIETIER GTEAR
w	CHILLED APPLE JUICE	TURKEY CHOW MEIN	ROME LENTILS
E	HOT WHEAT CEREAL	STEAMED WHITE RICE	SPAGHETTI
D	HOMEMADE COFFEECAKE	STEAMED MIXED VEGETABLES	STEAMED WAX BEANS
N	MARGARINE	WHITE BREAD / MARGARINE	WHITE BREAD / MARGARINE
E	WHITE MILK	CHILLED APPLESAUCE	CHERRY GELATIN
S	COFFEE	ORANGE BEVERAGE	HAWAIIAN BEVERAGE
D	SUGAR	*MEATLESS SWEET AND SOUR	
A			
Υ			
Т	CHILLED FRESH APPLE	SPAGHETTI W/ TOMATO SAUCE	BREADED CHICKEN PATTY
H	CORN FLAKES	ITALIAN STYLE MEATBALLS	SEASONED CHICKEN GRAVY
U	WHOLE WHEAT TOAST	STEAMED SPINACH	WHIPPED POTATOES
R	MARGARINE	GARLIC HOT DOG ROLL	STEAMED SLICED CARROTS
s	WHITE MILK	CHILLED MANDARIN ORANGES	WHITE BREAD / MARGARINE
D	COFFEE	LEMON BEVERAGE	CHILLED RICE PUDDING
Α	SUGAR	*MEATLESS TOMATO SAUCE	ORANGE BEVERAGE
Υ			*MEATLESS VEGETABLE STEW
I_	OUR LED ARRIE HUGE	DAKED MACADONI AND OUTFOR	DDE ADED FIGUREUL ET
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL WHITE TOAST	STEWED TOMATOES WHITE BREAD / MARGARINE	STEAMED WHITE RICE CREOLE BEAN SAUCE
D.	MARGARINE	HOMEMADE APPLE CRISP	TARTAR SAUCE
A	WHITE MILK	GRAPE BEVERAGE	WHITE BREAD / MARGARINE
Y	COFFEE	ONAL DEVENAGE	VANILLA YOGURT
	SUGAR		HAWAIIAN BEVERAGE
			*BREADED CHICKEN PATTY
S	CHILLED GRAPE JUICE	SLOPPY JOE	MEATBALL STEW
A	CRISPY RICE CEREAL	HAMBURGER ROLL	STEAMED WHITE RICE
T	PANCAKES W/ SYRUP	HOME FRIED POTATOES	TOSSED GREEN SALAD
U	MARGARINE	STEAMED GREEN PEAS	ITALIAN DRESSING
R D	WHITE MILK COFFEE	CHILLED FRESH APPLE HAWAIIAN BEVERAGE	WHOLE WHEAT BREAD /MARG. WHITE CAKE W/ CHOCOLATE ICING
A	SUGAR	*MEATLESS SLOPPY JOE	ORANGE BEVERAGE
Y			*BLACK BEAN SAUCE
Ī			
s	FRESH PETITE BANANA	SOUP DU JOUR	BBQ CHICKEN LEGS
U	HOT GRITS	GREEN CHILI BURRITO	CHILLED POTATO SALAD
N	PLAIN SLICED WHOLE GRAIN BAGEL	WITH BEEF, CHICKEN, & BEANS	KIDNEY/GARBANZO BEAN SALAD
D	CREAM CHEESE	SALSA SAUCE	WHITE BREAD / MARGARINE
Α	WHITE MILK	STEAMED WHOLE KERNEL CORN	HOMEMADE GINGERBREAD W/ICING
Υ	COFFEE	WHITE BREAD / MARGARINE	GRAPE BEVERAGE
	SUGAR	CHILLED APPLESAUCE	*MEATLESS BAR-B-QUE
		LEMON BEVERAGE *TUSCAN BEAN SAUCE	
		I USCAN BEAN SAUCE	



#### GENERAL CONFINEMENT MENU WEEK 2 Monday, September 11, 2023

	BREAKFAST	LUNCH	DINNER
	CHILLED ADDLE HILL	DEEE CHOW MEIN	IAMAICAN DEEE DATTY
M	CHILLED APPLE JUICE	BEEF CHOW MEIN	JAMAICAN BEEF PATTY
0	HOT CINNAMON OATMEAL	ELBOW MACARONI	STEAMED WHITE RICE
N	WHITE TOAST	STEAMED SLICED CARROTS	SEASONED CABBAGE
D	MARGARINE	WHITE BREAD / MARGARINE	WHITE BREAD / MARGARINE
A	WHITE MILK	CHILLED CRUSHED PINEAPPLE	RASPBERRY GELATIN
Υ	COFFEE	ORANGE BEVERAGE	CHOCOLATE MILK
	SUGAR	*MEATLESS SWEET AND SOUR	*CREOLE BEAN SAUCE
Ι,	CHILLED GRAPE JUICE	BEEF CACCIATORE	BAKED SALISBURY STEAK
Ū	CRISPY RICE CEREAL	WITH SPAGHETTI	WHIPPED POTATOES
E	HARD COOKED EGGS	STEAMED WAX BEANS	SEASONED GRAVY
s	WHOLE WHEAT TOAST	WHITE BREAD / MARGARINE	STEWED TOMATOES
D	MARGARINE	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	WHITE MILK	HAWAIIAN BEVERAGE	CHOCOLATE PUDDING
Y	COFFEE	*MEATLESS PEPPER STEAK	LEMON BEVERAGE
ľ	SUGAR	MEATELOGIETICAR	*SLICED AMERICAN CHEESE
W E	CHILLED APPLE JUICE HOT WHEAT CEREAL	SOUP DU JOUR ITALIAN SAUSAGE	TURKEY ALA KING STEAMED WHITE RICE
D	WHITE TOAST	SAUTEED PEPPERS AND ONIONS	STEAMED WHITE RICE STEAMED GREEN PEAS
N	MARGARINE	HOT DOG ROLL	WHITE BREAD / MARGARINE
E	WHITE MILK	CHILLED MACARONI SALAD	SUGAR COOKIES
S	COFFEE	CHILLED FRESH ORANGE	HAWAIIAN BEVERAGE
D	SUGAR	ORANGE BEVERAGE	*TUSCAN BEAN SAUCE
A		*MEATLESS SLOPPY JOE	
Υ			
Т	CHILLED FRESH APPLE	HOT DOGS	BAR-B-QUE CHICKEN CUBES
Н	CORN FLAKES	HOT DOG ROLLS	STEAMED WHITE RICE
U	VANILLA YOGURT	MUSTARD / KETCHUP	CREOLE BEAN SAUCE
R	WHOLE WHEAT TOAST	<b>BOSTON BAKED BEANS</b>	HOMEMADE CORNBREAD
S	MARGARINE	SAUERKRAUT	MARGARINE
D	WHITE MILK	CHILLED APPLESAUCE	RASPBERRY SHERBET
Α	COFFEE	LEMON BEVERAGE	GRAPE BEVERAGE
Υ	SUGAR	*HARD COOKED EGGS	*BREADED CHICKEN PATTY
L	CUILLED ARRIE HIICE	TOMATO SOUR	VECETARI E RRIMAVERA
F	CHILLED APPLE JUICE	TOMATO SOUP	VEGETABLE PRIMAVERA
R	HOT OATMEAL	GRILLED CHEESE SANDWICH	ELBOW MACARONI
ľ	WHITE TOAST/MARGARINE	CHILLED COLESLAW	STEAMED SPINACH
D	WHITE MILK	CHILLED MANDARIN ORANGES	WHOLE WHEAT BREAD / MARGARINE
A	COFFEE	POTATO CHIPS	YELLOW CAKE W/ VANILLA ICING
Y	SUGAR	ORANGE BEVERAGE	HOT CHOCOLATE
s	CHILLED GRAPE JUICE	BLACK BEAN SAUCE	BREADED CHICKEN PATTY
Α	BRAN FLAKES	STEAMED WHITE RICE	FRENCH FRIED POTATOES
Т	WAFFLES W/SYRUP	STEAMED WHOLE KERNEL CORN	KETCHUP
U	MARGARINE	WHITE BREAD / MARGARINE	STEAMED MUSTARD GREENS
R	WHITE MILK	CHILLED CANNED MIXED FRUIT	HAMBURGER ROLL / MARGARINE
D	COFFEE	LEMON BEVERAGE	HOMEMADE FUDGE BROWNIE
Α	SUGAR		HAWAIIAN BEVERAGE
Υ			*MEATLESS BAR-B-QUE
s			
U	FRESH PETITE BANANA	SOUP DU JOUR	SLICED ROAST TURKEY
N	HOT GRITS	SHEET PAN PIZZA WITH	BREAD DRESSING
D	WHOLE WHEAT TOAST	TOMATO SAUCE & CHEESE	SEASONED GRAVY
Α	MARGARINE	TOSSED GREEN SALAD	STEAMED PEAS AND CARROTS
Υ	WHITE MILK	FRENCH DRESSING	WHITE BREAD / MARGARINE
	COFFEE	HOMEMADE APPLE CRISP	CHILLED RICE PUDDING
	SUGAR	GRAPE BEVERAGE	ORANGE BEVERAGE
			*MEATLESS VEGETABLE STEW



Monday, September 18, 2023

	BREAKFAST	LUNCH	DINNER
М	CHILLED APPLE JUICE	HAMBURGER PATTIES	BREADED VEAL PATTY
0	HOT OATMEAL	HAMBURGER ROLLS / KETCHUP	SPAGHETTI W/ TOMATO SAUCE
Ň	WHITE TOAST	POTATO CHIPS	SEASONED CABBAGE
D	MARGARINE	CHILLED PICKLE SPEAR	WHITE BREAD / MARGARINE
Α	MILK	CHILLED CANNED PEARS	CHOCOLATE PUDDING
Υ	COFFEE	HAWAIIAN BEVERAGE	LEMON BEVERAGE
	SUGAR	*MEATLESS SLOPPY JOE	*MEATLESS TOMATO SAUCE
L			
Τ	CHILLED GRAPE JUICE	VEGETABLE SOUP	SPICY CHICKEN FIESTA
U	BRAN FLAKES	CHILLED TUNA SALAD	STEAMED WHITE RICE
E	SCRAMBLED EGGS	WHITE BREAD	TOSSED GREEN SALAD
S	WHITE TOAST	THREE BEAN SALAD	ITALIAN DRESSING
D	MARGARINE	CHILLED FRESH APPLE	WHITE BREAD / MARGARINE
A	WHITE MILK	ORANGE BEVERAGE	VANILLA YOGURT
Y	COFFEE	*HARD COOKED EGGS	GRAPE BEVERAGE
	SUGAR		*BLACK BEAN SAUCE
W	CHILLED APPLE JUICE HOT WHEAT CEREAL	SMOKEY BEANS	NAVY BEAN SOUP SHEET PAN PIZZA WITH
E D	HOMEMADE COFFEE CAKE	SPAGHETTI SEASONED ZUCCHINI W/ SAUCE	TOMATO SAUCE & CHEESE
	MARGARINE	WHITE BREAD / MARGARINE	KIDNEY / GARBANZO BEAN SALAD
N E	WHITE MILK	CHILLED MANDARIN ORANGES	CHOCOLATE CHIP COOKIES
S	COFFEE	HAWAIIAN BEVERAGE	ORANGE BEVERAGE
D	SUGAR	HAWAHAN BEVERAGE	ORANGE BEVERAGE
A	SUGAN		
Y			
т	CHILLED FRESH APPLE	CHILI CON CARNE	BREADED CHICKEN PATTY
н	CORN FLAKES	STEAMED WHITE RICE	SEASONED CHICKEN GRAVY
U	WHITE TOAST	CHILLED COLESLAW	WHIPPED POTATOES
R	MARGARINE	HOMEMADE CORNBREAD	STEAMED CARROTS
s	WHITE MILK	MARGARINE	WHOLE WHEAT BREAD/ MARG.
D	COFFEE	CHILLED FRESH ORANGE	ORANGE GELATIN
Α	SUGAR	GRAPE BEVERAGE	ICE TEA
Υ		*MEATLESS CHILI	*MEATLESS VEGETABLE STEW
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL	STEWED TOMATOES	SEASONED BROWN RICE
ll_	WHITE TOAST	WHITE BREAD / MARGARINE	CREOLE BEAN SAUCE
D	MARGARINE	CHILLED APPLESAUCE	TARTAR SAUCE
A	WHITE MILK	LEMON BEVERAGE	WHITE BREAD / MARGARINE
Y	COFFEE		CHOCOLATE CAKE W/ VANILLA ICING
	SUGAR		ORANGE BEVERAGE *BREADED CHICKEN PATTY
s	CHILLED GRAPE JUICE	SOUP DU JOUR	SLICED BAKED MEATLOAF
Α	CRISPY RICE CEREAL	SLICED TURKEY SALAMI	SEASONED BROWN GRAVY
Т	FRENCH TOAST W/ SYRUP	SLICED AMERICAN CHEESE	BOILED POTATOES
U	MARGARINE	HOT DOG ROLL / MUSTARD	STEAMED WHOLE KERNEL CORN
R	WHITE MILK	CHILLED POTATO SALAD	WHOLE WHEAT BREAD/ MARG.
D	COFFEE	HOMEMADE APPLE CRISP	CHOCOLATE ICE CREAM
Α	SUGAR	GRAPE BEVERAGE	HOT CHOCOLATE
Υ		*SLICED AMERICAN CHEESE	*MEATLESS SWEET AND SOUR
e	EDEQUIDETITE DANAMA	SDAGUETTI W/ MEAT SAUCE	BBO CHICKEN I ECC
S U	FRESH PETITE BANANA HOT GRITS	SPAGHETTI W/ MEAT SAUCE STEAMED SPINACH	BBQ CHICKEN LEGS STEAMED WHITE RICE
N	WHOLE WHEAT TOAST	WHITE BREAD / MARGARINE	STEAMED WHITE RICE STEAMED GREEN BEANS
D D	MARGARINE	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	WHITE MILK	HAWAIIAN BEVERAGE	CHILLED BREAD PUDDING
Y	COFFEE	*MEATLESS TOMATO SAUCE	ORANGE BEVERAGE
<u> </u>	SUGAR		*MEATLESS BAR-B-QUE
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Monday, September 25, 2023

	DDEAKEAOT	LINOU	DIMMED
	BREAKFAST	LUNCH	DINNER
М	CHILLED APPLE JUICE	BEEF VEGETABLE STEW	HOT MEATBALL SUB
0	HOT OATMEAL	HOMEMADE BISCUIT	WITH TOMATO SAUCE
N	WHITE TOAST	CHILLED COLESLAW	HOT DOG ROLL
D	APPLE JELLY	CHILLED FRESH APPLE	LYONNAISE POTATO
Α	MARGARINE	LEMON BEVERAGE	STEAMED GREEN PEAS
Υ	WHITE MILK	*MEATLESS VEGETABLE STEW	VANILLA PUDDING
	COFFEE		GRAPE BEVERAGE
	SUGAR		* MEATLESS CHILI
Т	CHILLED GRAPE JUICE	HOT DOGS	RICE DIABLO WITH MEAT
Ū	BRAN FLAKES	HOT DOG ROLLS	STEAMED WHOLE KERNEL CORN
E	WHITE TOAST	MUSTARD / KETCHUP	WHITE BREAD / MARGARINE
s	MARGARINE	BOSTON BAKED BEANS	YELLOW CAKE W/ CHOC. ICING
D	WHITE MILK	SAUERKRAUT	ORANGE BEVERAGE
Α	COFFEE	CHILLED CRUSHED PINEAPPLE	*RICE AND RED BEAN CASSEROLE
Υ	SUGAR	HAWAIIAN BEVERAGE	
		*HARD COOKED EGGS	
w	CHILLED APPLE JUICE	SLOPPY JOE	TUSCAN BEANS SAUCE
E	HOT WHEAT CEREAL	HAMBURGER ROLL	STEAMED WHITE RICE
D	HOMEMADE COFFEECAKE	OVEN BROWN POTATOES	FRENCH STYLE GREEN BEANS
N	MARGARINE	KETCHUP	WHITE BREAD / MARGARINE
E	WHITE MILK	KIDNEY BEAN SALAD	ORANGE SHERBET
S	COFFEE	WITH ONIONS AND PEPPERS	LEMON BEVERAGE
D	SUGAR	CHILLED MANDARIN ORANGES	
Α		HAWAIIAN BEVERAGE	
Υ		*MEATLESS SLOPPY JOE	
Т	CHILLED FRESH APPLE	SWEET & SOUR CHICKEN	ELBOW MACARONI W/ MEAT SAUCE
н	CORN FLAKES	STEAMED WHITE RICE	STEAMED PEAS AND CARROTS
U	WHOLE GRAIN BAGEL	STEAMED SLICED CARROTS	WHITE BREAD / MARGARINE
R	CREAM CHEESE	WHITE BREAD / MARGARINE	CHILLED RICE PUDDING
S	WHITE MILK	CHILLED CANNED PEACHES	ORANGE BEVERAGE
D	COFFEE	GRAPE BEVERAGE	*MEATLESS TOMATO SAUCE
A Y	SUGAR	*MEATLESS SWEET & SOUR	
F	CHILLED APPLE JUICE	BLACK BEAN SOUP	BAKED FISH FILLET
R	HOT OATMEAL	SHEET PAN PIZZA WITH	WITH GARLIC SAUCE
I D	WHITE TOAST MARGARINE	TOMATO SAUCE & CHEESE TOSSED GREEN SALAD	SEASONED BROWN RICE CREOLE BEAN SAUCE
A	WHITE MILK	FRENCH DRESSING	WHITE BREAD / MARGARINE
Ŷ	COFFEE	HOMEMADE APPLE CRISP	RASPBERRY GELATIN
1	SUGAR	LEMON BEVERAGE	HOT CHOCOLATE
			*BREADED CHICKEN PATTY
_	OIIII I ED OBARE ""OF	COLID DIL LOUIS	DDEADED OUROVEN DATEN
S	CHILLED GRAPE JUICE	SOUP DU JOUR	BREADED CHICKEN PATTY
A T	CRISPY RICE CEREAL WAFFLES W/SYRUP	SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE	SEASONED CHICKEN GRAVY WHIPPED POTATOES
U	MARGARINE	HOT DOG ROLL / MUSTARD	STEAMED SPINACH
R	WHITE MILK	CHILLED MACARONI SALAD	WHOLE WHEAT BREAD / MARG.
D	COFFEE	CHILLED APPLESAUCE	OATMEAL COOKIES
Α	SUGAR	GRAPE BEVERAGE	HAWAIIAN BEVERAGE
Υ		*SLICED AMERICAN CHEESE	*RED BEAN IN SAUCE
s	FRESH PETITE BANANA	BREADED FISH FILLET	CREAMED CHICKEN & GRAVY
S U	HOT GRITS	HAMBURGER ROLL	WHITE BREAD / MARGARINE
N	WHOLE WHEAT TOAST	KETCHUP	STEAMED WHITE RICE
D	MARGARINE	HOMEFRIED POTATOES	STEAMED WHOLE KERNEL CORN
A	WHITE MILK	CHILLED BEET SALAD	CHOCOLATE PUDDING
Υ	COFFEE	CHILLED CANNED MIXED FRUIT	LEMON BEVERAGE
	SUGAR	ORANGE BEVERAGE	*MEATLESS VEGETABLE STEW
I		*MEATLESS BAR-BQUE	



Monday, October 2, 2023

	BREAKFAST	LUNCH	DINNER
M O N D	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST APPLE JELLY	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW	ROME STYLE LENTILS SPAGHETTI SEASONED CABBAGE WHITE BREAD / MARGARINE
A Y	MARGARINE WHITE MILK COFFEE SUGAR	MARGARINE CHILLED FRESH APPLE HAWAIIAN BEVERAGE *MEATLESS CHILI	WHITE BREAD/ MARGARINE WHITE CAKE W/CHOCOLATE ICING ORANGE BEVERAGE
T U E S D A Y	CHILLED GRAPE JUICE BREAKFAST PIZZA BRAN FLAKES WHITE MILK COFFEE SUGAR	MINESTRONE SOUP CHILLED TUNA SALAD HAMBURGER ROLL THREE BEAN SALAD POTATO CHIPS CHILLED MANDARIN ORANGES GRAPE BEVERAGE *SLICED AMERICAN CHEESE	TURKEY CHOW MEIN STEAMED WHITE RICE STEMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ICE TEA *MEATLESS SWEET AND SOUR
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	BEEF HUNGARIAN GOULASH HOMEMADE BISCUIT STEAMED WHOLE KERNEL CORN CHILLED APPLESAUCE ORANGE BEVERAGE *MEATLESS PEPPER STEAK	HOT DOGS HOT DOG ROLLS POTATO TOTS STEAMED GREEN PEAS MUSTARD/KETCHUP CHERRY GELATIN HAWAIIAN BEVERAGE *HARD COOKED EGGS
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED CANNED PEARS LEMON BEVERAGE *MEATLESS TOMATO SAUCE	BREADED CHICKEN PATTY WHIPPED POTATO SEASONED CHICKEN GRAVY STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS VEGETABLE STEW
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE HOMEMADE APPLE CRISP GRAPE BEVERAGE	BREADED FISH FILLET STEAMED WHITE RICE CREOLE BEANS SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT LEMON BEVERAGE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL PANCAKES W/ SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHILLED FRESH APPLE HAWAIIAN BEVERAGE	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD / MARG. SUGAR COOKIES ORANGE BEVERAGE *BLACK BEAN SAUCE
S U N D A Y	FRESH PETITE BANANA HOT GRITS PLAIN SLICED WHOLE GRAIN BAGEL CREAM CHEESE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES STEAMED WAX BEANS CHILLED APPLESAUCE LEMON BEVERAGE *MEATLESS SLOPPY JOE	BBQ CHICKEN LEGS CHILLED POTATO SALAD STEAMED MIXED VEGETABLE WHITE BREAD / MARGARINE VANILLA ICE CREAM GRAPE BEVERAGE MEATLESS BAR-B-QUE



#### GENERAL CONFINEMENT MENU WEEK 6 Monday, October 9, 2023

	BREAKFAST	LUNCH	DINNER
M		TURKEY HAM STEAK	JAMAICAN BEEF PATTY
0	HOT CINNAMON OATMEAL	SEASONED GRAVY	STEAMED OREEN BEAC
N D	WHITE TOAST MARGARINE	WHIPPED POTATOES SEASONED CABBAGE	STEAMED GREEN PEAS WHITE BREAD / MARGARINE
A	WHITE MILK	WHITE BREAD / MARGARINE	YELLOW CAKE W/ VANILLA ICING
Ϋ́	COFFEE	CHILLED MANDARIN ORANGES	CHOCOLATE MILK
	SUGAR	ORANGE BEVERAGE	*CREOLE BEAN SAUCE
		*MEATLESS SWEET AND SOUR	
lΤ	CHILLED GRAPE JUICE	BEEF CACCIATORE	BAKED SALISBURY STEAK
U	CRISPY RICE CEREAL	WITH SPAGHETTI	SEASONED GRAVY
E	HARD COOKED EGGS	STEAMED GREEN BEANS	WHIPPED POTATOES
S	WHOLE WHEAT TOAST	WHITE BREAD / MARGARINE	STEWED TOMATOES
D	MARGARINE	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
Α	WHITE MILK	HAWAIIAN BEVERAGE	CHOCOLATE PUDDING
Y	COFFEE	*MEATLESS PEPPER STEAK	LEMON BEVERAGE
	SUGAR		*SLICED AMERICAN CHEESE
w	CHILLED APPLE JUICE	SOUP DU JOUR	CHICKEN CURRY
E	HOT WHEAT CEREAL	ITALIAN SAUSAGE	STEAMED WHITE RICE
D	WHITE TOAST	SAUTEED PEPPERS AND ONIONS	STEAMED MUSTARD GREENS
N	MARGARINE	HOT DOG ROLL	WHITE BREAD / MARGARINE
E	WHITE MILK	CHILLED MACARONI SALAD	SUGAR COOKIES
S	COFFEE	CHILLED FRESH ORANGE	HAWAIIAN BEVERAGE
D	SUGAR	ORANGE BEVERAGE	*TUSCAN BEAN SAUCE
A Y		*MEATLESS SLOPPY JOE	
ľ			
Т	CHILLED FRESH APPLE	HOT DOGS	BAR-B-QUE CHICKEN CUBES
Н	CORN FLAKES	HOT DOG ROLLS	STEAMED WHITE RICE
U	VANILLA YOGURT	MUSTARD / KETCHUP	CREOLE BEAN SAUCE
R	WHOLE WHEAT TOAST	BOSTON BAKED BEANS	HOMEMADE CORNBREAD
S	MARGARINE WHITE MILK	SAUERKRAUT CHILLED APPLESAUCE	MARGARINE RASPBERRY GELATIN
A	COFFEE	LEMON BEVERAGE	GRAPE BEVERAGE
Υ	SUGAR	*HARD COOKED EGGS	*BREADED CHICKEN PATTY
F	CHILLED APPLE JUICE	TOMATO SOUP	VEGETABLE PRIMAVERA
R	HOT OATMEAL	<b>GRILLED CHEESE SANDWICH</b>	ELBOW MACARONI
þ	PLAIN DONUT	CHILLED COLESLAW	STEAMED SPINACH
D	WHITE MILK	POTATO CHIPS	WHOLE WHEAT BREAD / MARGARINE
Α		CHILLED CANNED PEACHES	HOMEMADE FUDGE BROWNIE
Υ	SUGAR	ORANGE BEVERAGE	HAWAIIAN BEVERAGE
S	CHILLED GRAPE JUICE	BLACK BEANS SAUCE	BREADED CHICKEN PATTY
Α	BRAN FLAKES	STEAMED WHITE RICE	FRENCH FRIED POTATOES
T	FRENCH TOAST W/SYRUP	STEAMED WHOLE KERNEL CORN	KETCHUP
U R	MARGARINE WHITE MILK	WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT	STEAMED SLICED CARROTS
D	COFFEE	LEMON BEVERAGE	HAMBURGER ROLL / MARGARINE CHILLED RICE PUDDING
A	SUGAR	LEWON BEVERAGE	ICE TEA
Y			*MEATLESS BAR-B-QUE
s	FRESH PETITE BANANA	SOUP DU JOUR	CREAMED CHICKEN IN GRAVY
U	HOT GRITS	SHEET PAN PIZZA WITH	WHIPPED POTATOES
N	WHOLE WHEAT TOAST	TOMATO SAUCE & CHEESE	STEAMED PEAS AND CARROTS
D	MARGARINE	TOSSED GREEN SALAD	WHITE BREAD / MARGARINE
Α	WHITE MILK	FRENCH DRESSING	RASPBERRY SHERBET
Υ	COFFEE	HOMEMADE APPLE CRISP	ORANGE BEVERAGE
	SUGAR	GRAPE BEVERAGE	*MEATLESS VEGETABLE STEW



#### GENERAL CONFINEMENT MENU WEEK 7 Monday, October 16, 2023

	BREAKFAST	LUNCH	DINNER
М	CHILLED APPLE JUICE	HAMBURGER PATTIES	BREADED VEAL PATTY
0	HOT OATMEAL	HAMBURG ROLLS / KETCHUP	SPAGHETTI W/ TOMATO SAUCE
N	WHITE TOAST	POTATO CHIPS	STEAMED GREEN BEANS
D	MARGARINE	CHILLED PICKLE SPEAR	WHITE BREAD / MARGARINE
	WHITE MILK	CHILLED FRESH APPLE	CHOCOLATE PUDDING
A Y		HAWAIIAN BEVERAGE	LEMON BEVERAGE
ľ	COFFEE		
	SUGAR	*MEATLESS SLOPPY JOE	*MEATLESS TOMATO SAUCE
_	CHILLED GRAPE JUICE	CHILI CON CARNE	SMOKEY BEANS
Ū	BRAN FLAKES	STEAMED WHITE RICE	SPAGHETTI
E	CINNAMON DONUTS	CHILLED COLESLAW	SEASONED ZUCCHINI W/ SAUCE
s	WHITE MILK	HOMEMADE CORNBREAD	WHITE BREAD / MARGARINE
D	COFFEE	MARGARINE	VANILLA YOGURT
Α	SUGAR	CHILLED FRESH ORANGE	GRAPE BEVERAGE
Υ		ORANGE BEVERAGE	
		*MEATLESS CHILI	
w	CHILLED APPLE JUICE	SPICY CHICKEN FIESTA	NAVY BEAN SOUP
E	HOT WHEAT CEREAL	STEAMED WHITE RICE	SHEET PAN PIZZA WITH
D	HOMEMADE COFFEE CAKE	TOSSED GREEN SALAD	TOMATO SAUCE & CHEESE
N	MARGARINE	ITALIAN DRESSING	KIDNEY / GARBANZO BEAN SALAD
E	WHITE MILK	WHITE BREAD / MARGARINE	CHOCOLATE CHIP COOKIES
s	COFFEE	CHILLED CRUSHED PINEAPPLE	ORANGE BEVERAGE
D	SUGAR	HAWAIIAN BEVERAGE	
Α		*BLACK BEAN SAUCE	
Υ			
т	CHILLED FRESH APPLE	VEGETABLE SOUP	BREADED CHICKEN PATTY
Н	CORN FLAKES	CHILLED TUNA SALAD	SEASONED CHICKEN GRAVY
U	SCRAMBLED EGGS	WHITE BREAD	WHIPPED POTATOES
R	WHITE TOAST	THREE BEAN SALAD	STEAMED WHOLE KERNEL CORN
S	MARGARINE	CHILLED MANDARIN ORANGES	WHOLE WHEAT BREAD / MARG.
D	WHITE MILK	GRAPE BEVERAGE	ORANGE GELATIN
Α	COFFEE	*HARD COOKED EGGS	ICE TEA
Y	SUGAR		*MEATLESS VEGETABLE STEW
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL	STEWED TOMATOES	SEASONED BROWN RICE
ı	WHITE TOAST	WHITE BREAD / MARGARINE	CREOLE BEAN SAUCE
D	GRAPE JELLY	CHILLED APPLESAUCE	TARTAR SAUCE
Α	MARGARINE	LEMON BEVERAGE	WHITE BREAD / MARGARINE
Υ	WHITE MILK		CHOCOLATE CAKE W/ VAN. ICING
	COFFEE		ORANGE BEVERAGE
	SUGAR		*BREADED CHICKEN PATTY
	OUILLED CDADE ""CT	COUR DIL 10112	011050 0 1/50 1/51 0 1/5
S	CHILLED GRAPE JUICE	SOUP DU JOUR	SLICED BAKED MEATLOAF
A	CRISPY RICE CEREAL	SLICED TURKEY SALAMI	SEASONED BROWN GRAVY
Ţ	PANCAKES W/SYRUP	SLICED AMERICAN CHEESE	BOILED POTATOES
U	MARGARINE	HOT DOG ROLL / MUSTARD	STEAMED CARROTS
R	WHITE MILK	CHILLED POTATO SALAD	WHOLE WHEAT BREAD / MARG.
D	COFFEE	HOMEMADE APPLE CRISP GRAPE BEVERAGE	CHOCOLATE ICE CREAM LEMON BEVERAGE
A	SUGAR	0	
Y		*SLICED AMERICAN CHEESE	*MEATLESS SWEET AND SOUR
s	FRESH PETITE BANANA	SPAGHETTI WITH MEAT SAUCE	BBQ CHICKEN LEGS
U	HOT GRITS	STEAMED SPINACH	STEAMED WHITE RICE
N	WHOLE WHEAT TOAST	WHITE BREAD / MARGARINE	STEAMED WHITE RIGE STEAMED GREEN PEAS
D	MARGARINE	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	WHITE MILK	HAWAIIAN BEVERAGE	CHILLED BREAD PUDDING
Y	COFFEE	*MEATLESS TOMATO SAUCE	ORANGE BEVERAGE
	SUGAR	· · · · <del>-</del>	*MEATLESS BAR-B-QUE



Monday, October 23, 2023

	BREAKFAST	LUNCH	DINNER
М	CHILLED APPLE JUICE	TURKEY VEGETABLE STEW	HOT MEATBALL SUB
0	HOT OATMEAL	HOMEMADE BISCUIT	WITH TOMATO SAUCE
N	WHITE TOAST	CHILLED COLESLAW	HOT DOG ROLL
D	APPLE JELLY	CHILLED FRESH APPLE	LYONNAISE POTATO
A	MARGARINE	LEMON BEVERAGE	STEAMED WHOLE KERNEL CORN
Y	WHITE MILK	*MEATLESS VEGETABLE STEW	VANILLA PUDDING
1	COFFEE		GRAPE BEVERAGE
	SUGAR		*MEATLESS CHILI
Т	CHILLED GRAPE JUICE	HOT DOGS	
U	BRAN FLAKES	HOT DOG ROLLS	SPANISH RICE WITH MEAT
E	WHITE TOAST	MUSTARD / KETCHUP	CHILLED BEET SALAD
S	MARGARINE	BOSTON BAKED BEANS	WHITE BREAD / MARGARINE
D	WHITE MILK	SAUERKRAUT	YELLOW CAKE W/ CHOC. ICING
Α	COFFEE	CHILLED CRUSHED PINEAPPLE	ORANGE BEVERAGE
Υ	SUGAR	HAWAIIAN BEVERAGE	*RICE AND RED BEAN CASSEROLE
		* HARD COOKED EGGS	
w	CHILLED APPLE JUICE	SLOPPY JOE	TUSCAN BEAN SAUCE
E	HOT WHEAT CEREAL	HAMBURGER ROLL	STEAMED WHITE RICE
D	HOMEMADE COFFEECAKE	OVEN BROWN POTATOES	FRENCH STYLE GREEN BEANS
N	MARGARINE	KETCHUP	WHITE BREAD / MARGARINE
E	WHITE MILK	KIDNEY BEAN SALAD	ORANGE SHERBET
S	COFFEE	WITH FRESH ONIONS & PEPPERS	LEMON BEVERAGE
D	SUGAR	CHILLED CANNED PEARS HAWAIIAN BEVERAGE	
A Y		*MEATLESS SLOPPY JOE	
		MEATLESS SLOFFT JOE	
Т	CHILLED FRESH APPLE	SWEET & SOUR CHICKEN	ELBOW MACARONI W/ MEAT SAUCE
Н	CORN FLAKES	STEAMED WHITE RICE	STEAMED PEAS AND CARROTS
U	WHOLE GRAIN BAGEL	STEAMED CARROTS	WHITE BREAD / MARGARINE
R	CREAM CHEESE	WHITE BREAD / MARGARINE	CHILLED RICE PUDDING
S	WHITE MILK	CHILLED MANDARIN ORANGES	ORANGE BEVERAGE
D	COFFEE	GRAPE BEVERAGE	*MEATLESS TOMATO SAUCE
A Y	SUGAR	*MEATLESS SWEET & SOUR	
F	CHILLED APPLE JUICE	BLACK BEAN SOUP	BAKED FISH FILLET
R	HOT OATMEAL	SHEET PAN PIZZA WITH	WITH GARLIC SAUCE
l	WHITE TOAST	TOMATO SAUCE & CHEESE	SEASONED BROWN RICE
D	MARGARINE	TOSSED GREEN SALAD	CREOLE BEAN SAUCE
A	WHITE MILK	FRENCH DRESSING	WHITE BREAD / MARGARINE
Υ	COFFEE	HOMEMADE APPLE CRISP	RASPBERRY GELATIN
	SUGAR	LEMON BEVERAGE	HOT CHOCOLATE *BREADED CHICKEN PATTY
s	CHILLED GRAPE JUICE	SOUP DU JOUR	BREADED CHICKEN PATTY
Α	CRISPY RICE CEREAL	SLICED TURKEY BOLOGNA	SEASONED CHICKEN GRAVY
Т	WAFFLES W/SYRUP	SLICED AMERICAN CHEESE	WHIPPED POTATOES
U	MARGARINE	HOTDOG ROLL / MUSTARD	STEAMED SPINACH
R	WHITE MILK	CHILLED MACARONI SALAD	WHOLE WHEAT BREAD / MARG.
D	COFFEE	CHILLED APPLESAUCE	OATMEAL COOKIES
Α	SUGAR	GRAPE BEVERAGE	HAWAIIAN BEVERAGE
Y		*SLICED AMERICAN CHEESE	*CREOLE BEAN SAUCE
s	FRESH PETITE BANANA	BEEF PEPPER STEAK	JAMAICAN BEEF PATTY
U	HOT GRITS	ELBOW MACARONI	STEAMED WHITE RICE
N	WHOLE WHEAT TOAST	SEASONED CABBAGE	STEAMED WHOLE KERNEL CORN
D	MARGARINE	WHITE BREAD / MARGARINE	WHITE BREAD / MARGARINE
Α	WHITE MILK	CHILLED CANNED MIXED FRUIT	CHOCOLATE PUDDING
Υ	COFFEE	ORANGE BEVERAGE	LEMON BEVERAGE
	SUGAR	*MEATLESS PEPPER STEAK	*BLACK BEAN SAUCE